



VacRite Ltd, Unit 163, 315 Chiswick High Road, London W4 4HH.
Tel: 0845 467 9197 Web: www.vacandvent.co.uk Email: info@vacandvent.co.uk

APPROVED DOCUMENT F Means of Ventilation

Part L of the Building Regulations covers the ventilation of homes and is a useful guide as to how a property should be ventilated as well as being the regulations which have to be complied with.

Types of acceptable ventilations are split into 4 sections (systems)

System 1. Background ventilators (trickle vents) and intermittent extract fans.

This is the most basic acceptable form of ventilation but under the 2010 regulations a huge amount of air is required to flow through these trickle ventilators. For instance, a 3 bedroomed house of 100sq m floor area, requires the equivalent of a 250mm x 250mm hole in an external wall. There is little chance of keeping the heating bill down with such a system.

System 2. Passive stack ventilation. Where a chimney effect draws air out of the property. Fresh air is fed by trickle ventilators which have to be the same size as for System 1. The saving here is that the extract process does not consume power.

System 3. Continuous mechanical extract. This is where a central extract fan draws air via ducts from the kitchen and wet rooms (bathrooms and utility rooms). Trickle vents with an area equivalent to 25mm x 25mm are required in each living room. The system relies on natural infiltration of air through building voids to supplement air through trickle vents.

System 4. Continuous mechanical supply and extract with heat recovery (MVHR). The only way of satisfactorily ventilating a house with the correct level of ventilation in every room and avoiding wasting heat as with Systems 1 to 3. The running cost of these systems is very low and more than compensated by the saving in heating. Of course the better insulated and sealed a house is, the less heating required so the payback period is increased. But then, ventilation is vital so there is no alternative.

See our document VR42 which is a summary of ventilation guidance for System 4.

Obtain the full Building Regulation Document from:

<http://www.planningportal.gov.uk/buildingregulations/approveddocuments/>